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PrimeTimes Newsletter

Office of Lifespan Studies

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Office of Lifespan Studies

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PrimeTimes

COLLEGE OF SCIENCE • OFFICE OF LIFESPAN STUDIES • COASTAL CAROLINA UNIVERSITY

FALL 2014 / WINTER 2015

Did you know?

Seniors are taking classes at Coastal Carolina University

If a *PrimeTimes* reader is interested in taking academic classes in areas of interest, that can be done at CCU.

Residents of South Carolina age 60 and above who are not employed full time can enroll in classes free of charge provided there is available space in the class.

Senior citizens must complete a Free Tuition Application for Senior Citizens to verify their age and South Carolina residency.

The application is available in the Office of Admissions or online at coastal.edu/admissions/applications.html.



SITTING IS **BAD** FOR HEALTH

By Jason Cholewa, Ph.D., Assistant Professor, Kinesiology, Recreation and Sport Studies, Coastal Carolina University

During the past seven years, I have noticed that the vast majority of my once-sedentary clients who begin an exercise program observe an interesting phenomenon; after only a few days of consistent exercise, they feel more energized and focused at work or in school. Apparently, these observations are not isolated incidents. A recent Gallup Poll of over 300,000 adults reported that active, healthy employees were more productive at work than their counterparts with sedentary, less healthy lifestyles.

These statistics, however, beg the question of causation and correlation: are employees more productive because they exercise and eat healthy? Or are productive employees more likely to lead a fit, healthy lifestyle due to personality traits or behavioral habits?

As a physical performance consultant, I tend to believe that fitness and healthy habits increase morale and result in a more engaged workplace. But it is also my job as a professor of exercise science to comb through the relevant research and provide *PrimeTimes* with an unbiased review and employers/decision makers with evidence-based suggestions.

The effects of exercise on cognition provide a very compelling argument that physical fitness training should be promoted as an essential component of nearly every occupation. Consistent exercise has been found to improve recognition memory, mood symptoms of anxiety, and cognitive speed. In addition to increasing brain activity and the



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WHAT SHOULD I INVEST IN NOW?

By Norman F. Whiteley

“What should I invest in now?” and “Is now the right time to invest?” are two questions I get most often from friends and acquaintances. Indeed, for anyone who watches CNBC or Fox Business or Bloomberg or any number of other financial shows and media, they’re the most frequent questions asked of the numerous “expert” guests who appear on these shows. Unfortunately, the answers these “experts” give are often radically different and diametrically opposed to one another. The reason is that predicting short-term moves in investment markets with any high degree of assurance are virtually impossible. Success in making such predictions is more a case where it’s better to be lucky than smart. Investing, however, is not gambling.

Sin that is the case, what is an investor to do to successfully manage his or her investment portfolio? The answer to that question, of course, is to develop and diligently execute a well-constructed investment plan. Achieving success in creating and executing that plan requires the investor to follow certain key steps.

The first step is to set the time horizon over which your plan is to perform. Successful investing is a long-term undertaking for most people, and the time horizon should reflect at least a five- to 10-year period. You will also need to put aside sufficient readily available cash to cover any short-term emergency needs.

Step two requires that you set objectives. Are you aiming for income or growth or a combination? How much risk can you tolerate? If your investments plunge

by 50 percent, and many experts in the media are predicting an economic collapse, as was the case in 2007-2008, would you hold firm to your plan or sell out at the bottom? You need to know what level of risk you can tolerate. Those who held firm in 2007 saw all of their investments return and the stock market rise to new heights. If you can’t tolerate that level of downside, you’ll have to construct your plan accordingly. Don’t be fooled into thinking that you’ll just jump back in when the market starts to rise. When you sell at a market low, it’s very difficult to get back in early enough since the fear that drove you to sell in the first place will likely cause you to delay your re-entry until it’s too late. In that case, you wind up selling low and buying high.

Once you’ve set your objectives, you’re ready to decide on asset allocation. “How much will you put into stocks, how much into bonds, how much into cash and how will you sub-divide each category?”... are all questions that must be answered. Remember that diversification is one of the primary ways to control risk. No single investment is without risk; it’s just that some are more risky than others. Achieving the right balance is key to a successful plan. The investments you select in each category must be consistent with your objectives as well as your risk tolerance. If you need a professional adviser to help you through this phase, by all means get one. However, be careful about the cost of an adviser and any conflicts of interest. The costs will be subtracted from any returns you get, and you don’t want an adviser who will encourage you to buy or sell investments or

take other actions primarily for him or her benefit. You want someone totally focused on recommending investments and actions that will benefit you.

Once you've decided on and constructed your portfolio, then it has to be monitored regularly. Nothing stays the same forever. Your objectives may change, the markets may change or, in the case of professionally managed accounts or mutual funds, the manager may not be performing up to acceptable standards. You will have to compare the results you're getting to established relevant benchmarks. Those benchmarks are available from most major brokers. If you experience substantial negative deviation, then it's time to make appropriate changes in investments and/or managers. Don't allow short-term economic fluctuations to cause you to abandon the long-term plan. When economic times get

tough, it may take courage, but history has shown this is precisely the time when you should stick to the plan.

Once you have a plan in place, deciding what to invest in is no longer an "ad hoc" activity. You know what to invest in. You invest in those good quality investments which keep your plan on target, balanced and working toward your long-term objectives. \$

Norm Whiteley publishes a free monthly online investment newsletter and teaches classes for the Coastal Carolina University Osher Lifelong Learning Institute. He is a past president of Lifelong Learning. Whiteley started a website for the OLLI Investor Education Club dealing with investing questions or expertise sharing at groups.google.com/group/investment-fundamentals. He can be reached at nwhiteley@sc.rr.com.



INCREASING WELLNESS

During Middle-age Adulthood

By Sharon Thompson, Ed.D., CHES, Professor of Health Promotion, Coastal Carolina University

How would you like to increase your overall wellness, prevent disease and slow aging? All three of these can be achieved through wise nutritional choices. Often there is so much confusion about “what” to eat that we sometimes turn away from the information overload and just eat anything and everything that we want. Please do not choose this path because there is good news related to nutrition and aging. Our food choices can support wellness during adulthood.

Based on information from the Food and Nutrition Board, one’s adult years can be divided into four stages: 19-30, 31-50, 51-70, and then beyond 70 years of age. The ages of 19-50 are denoted as young adulthood, 51-70 is referred to as middle-age adulthood and beyond 70 is known as older adulthood. Middle-age adulthood, those adults who fall into the 51-70 age range, have nutrient recommendations that differ from those both younger and older. The nutrient recommendations for middle-age adulthood will be outlined here.



Vitamin D

There is an increased need for vitamin D for the 51-70 year age group. Experts suggest we increase intake of this vitamin to 15 mcg/day (or 600 IU) in middle-age adulthood for bone health and to account for the effect of aging on the skin’s ability to convert vitamin D from the sun to an active form in our skin. Choose vitamin D rich foods, such as milk, salmon or shrimp. One might also increase vitamin D in the body by choosing to go for a walk or bike ride on sunny days.

Calcium

Total calcium intake should be 1,200 mg/day in middle-age adulthood. Calcium needs increase for bone health and to account for decreased calcium absorption. To

insure adequate calcium, consume three daily servings of calcium-rich foods such as cheese, yogurt and milk. Nondairy sources of calcium include broccoli, turnip greens and black-eyed peas. If low calcium intake is a problem due to lactose intolerance, supplements such as calcium citrate or calcium carbonate can be used to make up the difference. To increase absorption, choose a calcium supplement that also contains vitamin D.

Fiber

Fiber is an important part of the diet because it helps prevent hemorrhoids, diverticulosis (inflammation of the intestine) and constipation. Fiber recommendations actually decrease during middle-age adulthood due to lower energy intake. Men and women in the 51-70 age group should consume 30 and 21 grams of fiber a day, respectively. Foods that are rich in fiber include whole wheat or whole grain products, beans, nuts, seeds, fruits and vegetables.

B-6 and B-12

Absorption of vitamins B-6 and B-12 can be a problem in this age group due to lower levels of stomach acid and decreased absorption from the GI tract. Increasing intake of B-6 and B-12 rich foods is important for these reasons and also to keep the immune system functioning properly. Eating a fortified breakfast cereal in the morning can help intake levels. Meat, poultry and fish are good sources of B-12. B-6 can be found in sweet potatoes, chicken, baked potatoes and bananas. Taking a daily multivitamin is another way to insure adequate intake of these vitamins.

Fluid

Men and women in this age group are encouraged to drink at least eight, eight-ounce cups of fluid a day. This is due to a reduced sense of thirst that can lead to drinking less fluid and possible dehydration. Although juice and other beverages can be a part of these eight cups, water is always an excellent choice.

Maintaining a healthy weight

According to the Centers for Disease Control (CDC), obesity rates have increased by more than 60 percent among adults. Although overweight and obesity may protect against osteoporosis, they increase the risk of heart disease, some cancers and type 2 diabetes. Recently the CDC estimated that the lifetime medical costs of

hypertension, diabetes, stroke and high cholesterol among moderately obese people are \$10,000 more than among adults at a healthy weight. That is a financial incentive to keep your weight at a healthy level in middle-age adulthood. Choose to eat right and increase physical activity to avoid weight gain during these years.

Fat

Although there is no Dietary Reference Intake for total fat in middle-age adulthood, to reduce the risk of heart disease, some cancers and other major causes of death, it is recommended that fat calories be in the 20 to 35 percent of total calorie range, with less than 10 percent of calories from saturated fat. Choose olive and canola as your main oils, substituting walnut, sesame, peanut and safflower oils for different flavors.

Protein

The protein needs of adults in the 51 to 70 age range are about the same or slightly greater than younger adults. Because energy needs are often lower, it is important to select high quality proteins like lean meat, fish, eggs, poultry, low-fat milk, nuts, seeds, grains, beans, peas and lentils.

Carbohydrates

If intake of carbohydrates is very low, dietary protein may be used as an energy source rather than for other necessary body functions such as tissue building and repair; therefore, adequate carbohydrates should be consumed each day to provide energy for the body's work. Wise carbohydrate choices include complex carbohydrates such as fruits, vegetables and whole grains, which are all rich in fiber as well as other vitamins and minerals.

The idea that good nutrition can influence the aging process is appealing because it means that your actions can slow the process within the natural limits set by heredity. Although aging is a natural process, healthy eating and regular physical activity can contribute to a long, healthy life. Taking time now to honor your body through good nutritional choices will lead to future healthy rewards. §

Sharon Thompson can be reached at thompson@coastal.edu or 843-349-2635.

YOGA

The Union of Body, Mind and Spirit...

By Sharlene Reeve, RYT

Yoga can be done by anyone and is for everyone, young and old! Yes, that's right, it's for everyone! It is considered to be very safe and effective. It can be done as many times a week as needed and the benefits are incredible.

What is yoga?

Yoga originated in India and comes from the Sanskrit, the ancient language of India, word "Yuj" which means to yoke, join or unite. There are several types of yoga – gentle yoga, restorative yoga, power yoga and many others. Yoga is a non-impact series of poses or asanas that are done either slowly and held for a duration of time to improve stamina or quickly for cardiovascular benefits and detoxification. Although yoga is considered to be safe and effective, there will be poses that some individuals, such as pregnant women, those with glaucoma and those with high blood pressure, will need to avoid or modify. Always make the instructor aware of any medical issues. All the poses are done with breathing instructions that help the participant become more energized and focused. Yoga puts minimal stress on the joints and muscles. Yoga also incorporates and teaches meditation prior to the poses and relaxation after the poses.

Yoga has mental benefits as well as physical benefits. This is how the union of body, mind and spirit is achieved.

**"Words fail to convey the
total value of yoga ...
it has to be experienced."**

~ BKSIYENGAR

The physical benefits:

Flexibility

By stretching your body in new ways it becomes more flexible.

Strength

Yoga poses require you to support your own body weight and to move in and out of poses that help increase strength.

Muscle tone

Muscle tone increases as you get stronger.

Pain prevention

Increasing flexibility and strength can help prevent some types of pain such as those associated with the back, arthritis, fibromyalgia, diabetes and other chronic health problems. Yoga also helps improve posture and body alignment.

Better breathing

A big component of yoga is breathing. Yoga breathing exercises teach how to better use our lungs through focusing our breathing. Some of the breathing exercises also help with clearing the nasal passages. Learning how to breath correctly can help reduce anxiety in stressful situations.

Reduced heart rate / lower blood pressure

Meditation and savasana, otherwise known as the final relaxation, helps to reduce the heart rate and lower blood pressure.

Better balance

As we get older, our balance becomes more affected, and we become more fearful of falling. Yoga incorporates poses for balance that are done to help prevent falls and build stamina.

The mental benefits:

Mental calmness

Through meditation, yoga teaches individuals to disengage from their thoughts to obtain mental calmness. Learning to meditate by repeating thoughts and actions can rewire the brain to better handle difficult situations.

Stress reduction

Yoga is a physical activity that requires concentration and emphasizes staying in the moment. Both aid in reducing stress and stress hormone levels.

Yoga is beneficial in easing depression and anxiety through certain yoga poses and savasana or final relaxation. The practice of Yoga can improve brain function through meditation that enhances focus and concentration and through yoga poses that increase blood flow to the brain.

Throughout the world, yoga has become a popular alternative to modern exercise. Doctors are also recommending yoga to aid in chronic health issues. People love the fact that it can be done at a low cost without having to purchase expensive equipment. All that is needed is a good yoga mat and comfortable clothing. Yoga can be practiced anywhere, indoors or outdoors. People love doing yoga on the beach! Anyone can practice yoga. It can be done alone or with a group of people. There are many choices with yoga, but one thing that is known for sure is that the outcome of practicing yoga is a total sense of overall well-being. Yoga is a powerful medicine for the body, mind and spirit.

For more information, visit the National Institute of Health's website (nih.gov) or go to yogajournal.com. You may also contact a local health center or yoga studio to inquire about classes. §

Sharlene Reeve can be reached at sharlenereeve@scoast.net or 843-504-4084 and her studio is located at 302 Laurel Street in Conway.



BYTES & BITS

PrimeTimes readers often call or email with questions about websites that deal with specific issues, ie., health, finance, retirement, etc. Readers will also suggest websites they've found useful and informative. The following are some websites, mostly about heart and health, that readers have recommended:

mylifecheck.heart.org

An American Heart Association-sponsored website geared to helping people set up a plan to achieve targets on seven different risk factors for cardiovascular disease.

cardiosmart.org

An educational site for patients sponsored by the American College of Cardiology.

womenheart.org

An educational and support group website focusing on prevention and treatment of women affected by heart disease.

hearthealthywomen.org

This site offers a variety of reading about heart issues.

my.clevelandclinic.org/heart411book

Heart 411 is the definitive guide to heart health written by two of America's most respected doctors at Cleveland Clinic.

reynoldsriskscore.org

Reynolds Risk Score is designed to predict your risk of having a future heart attack, stroke, etc.

www.realage.com

Deals with a wide range of heart issues.

agingsociety.org.

A website that *PrimeTimes* receives, and readers may find of interest is from the "National Academy on an Aging Society." The publication/newsletter covers a broad area including health and government policy.

encore.org

An organization that encourages seniors to have continued involvement in the work world, including starting a business or charity and a variety of endeavors.

icaa.cc

The International Council on Active Aging is an organization supporting wellness environments and services for adults over 50.

PrimeTimes offers these websites as information only, and readers can decide for themselves whether they are of use. §

Genius is one percent inspiration and 99 percent perspiration. ~ Edison

We want to hear from YOU!

If you have comments or questions about articles in this issue, want to submit a letter to the editor, ask a question or make a comment, or if you would like to suggest appropriate subjects for consideration in future issues, the *PrimeTimes* staff wants to hear from you. If you want to be added to the *PrimeTimes* mailing list, just email, call, fax or write to let us know. Previous issues of *PrimeTimes* can be viewed at coastal.edu/lifespan.

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COASTAL CAROLINA
UNIVERSITY



Learning for the joy of knowing, changing, growing!

Lifelong Learning

WINTER / SPRING 2015

January 20 to June 1

More than 350 courses for seasoned adults, including art, photography, computer technology, foreign languages, history, government, literature, writing, music, film, personal growth and skills, religion, philosophy, science, natural history, local excursions and international travel, plus dozens of free-with-membership clubs and classes.

The printed course catalog at all four outreach locations.

- Myrtle Beach Education Center 843-349-2767
- Litchfield Education Center 843-349-6584
- Georgetown Education Center 843-349-6584
- Coastal Science Center, Conway 843-349-5002

For more information, addresses and directions to the outreach centers, or to receive the weekly newsletter by email, visit olli@coastal.edu.

Course descriptions are available online at coastal.edu/olli.

OLLI – Lifelong Learning at CCU

The Division of Academic Outreach at Coastal Carolina University will be restarting in January 2015. The winter OLLI catalog, covering classes, clubs, excursions and special events for January through March 2015, is available at the Coastal Science Center, Litchfield Education Center and Myrtle Beach Education Center, as well as at local libraries (Conway, Carolina Forest, Chapin, Surfside Beach and Pawleys Island) and visitor centers (Myrtle Beach and Murrells Inlet). The full catalog is posted at coastal.edu/olli.

The Osher Lifelong Learning Institute (OLLI) is funded in part by the Bernard Osher Foundation. Since 2007, OLLI at CCU has received more than \$400,000 from the Osher Foundation to assist with operating expenses. In 2013, OLLI at CCU received

a \$1 million endowment, the interest from which can be used to fund program initiatives. Further funding is conditioned upon the development and implementation of OLLI at CCU'S fund-raising strategies for sustainability. Through Osher's grant program there are 117 OLLIs at universities and colleges in all 50 states and D.C. OLLI at CCU has a board of volunteer leaders that assists the OLLI mission to "provide opportunities for older adult non-credit students to achieve intellectual stimulation, as well as cultural and social growth, while fostering a close, lasting and mutually beneficial relationship between the students and the university." OLLI courses are offered at four convenient locations - on campus in Conway, Myrtle Beach, Litchfield and Georgetown. For more details visit coastal.edu/olli.

BBB SCAM WATCH...

Customers Posting Reviews on BBB Website

*By Kathy Graham, President/CEO
Better Business Bureau, Coastal Carolina Inc.*



The Better Business Bureau (BBB) has a new service where customers can share their experiences on our website. This service offers a new platform for customers to voice favorable or unfavorable experiences they have had with local businesses. Customer reviews give insight into a company's behavior and are facilitated by the BBB in a fair manner. BBB posts customers reviews once the reviewers email address is verified for authenticity; personal and/or inappropriate data is redacted; and the business confirms the reviewer is an actual customer.

Businesses that receive customer reviews have the opportunity to submit replies directly to the review. Reviewers can also add more comments to their reviews at any time or in reply to a business's comment.

It is more important than ever for consumers to search BBB to access verified customer reviews that indicate the company's track record in the marketplace before hiring a service provider.

To read Customer Reviews – or to post a review – visit bbb.org/myrtlebeach and find the feature in any BBB Business Review.

Kathy Graham, President/CEO, Better Business Bureau, Coastal Carolina Inc. can be reached at 843-488-0238; fax 843-488-0998; or e-mail at kathygraham@sc.rr.com

The purpose of the Better Business Bureau (BBB), a nonprofit organization, is to promote an ethical marketplace. BBB helps resolve buyer/seller complaints by means of conciliation, mediation and arbitration. BBB also reviews advertising claims, online business practices and charitable organizations. BBB develops and issues reviews on businesses and nonprofit organizations and encourages people to check out a company or charity before making a purchase or donation.

Another New Scam:

Names and photos of celebrities by scammers as “click bait.”

“Click baiting” is a way to get someone’s attention online. The scammers attempt identity theft by offering something that is too intriguing to ignore for some people: messages claiming new videos, “shocking” information or scandalous news on celebrities, newsmakers and other famous people.

Many consumers are unaware of the risks that exist, and often the “click bait” leads to a sketchy website or a link that downloads malware to the user’s computer or smart phone.

The BBB has joined with security technology company McAfee in alerting consumers about the problem of “click baiting” and how to avoid it. Consumers can do their part by being vigilant in practicing safe online behavior.

BBB and McAfee recommend the following:

- Don’t download videos from suspect sites. Most news clips you’d want to see can easily be found on official video sites and don’t require you to download anything.
- Beware of clicking on third-party links. You should access content directly from official content providers. For example, visit ABC.com to find Jimmy Kimmel’s latest episodes.
- Always use password protection on your phone and other mobile devices. If you don’t, and your phone is lost or stolen, anyone who picks up the device could access your personal information online.
- Using the cloud is like “using someone else’s computer” – and some friends may have good security while others may not. Consumers should treat the cloud as any other asset that requires protecting. \$

McAfee has listed the Most Dangerous Celebrities most widely used by scammers as “click bait:”

1. **Jimmy Kimmel**
Comedian, actor, talk show host
2. **Armin van Buuren**
Dutch DJ and music producer
3. **Ciara**
Singer-songwriter, dancer, Grammy winner
4. **Flo Rida**
Rapper, People’s Choice award winner
5. **Bruce Springsteen**
Rock legend, 20 Grammys, Rock and Roll Hall of Fame
6. **Blake Shelton**
Country singer, judge on The Voice, husband of Miranda Lambert
7. **Britney Spears**
Pop singer, former child actor
8. **Jon Bon Jovi**
Singer-songwriter, philanthropist
9. **Chelsea Handler**
Comedian, writer, talk show host
10. **Christina Aguilera**
Pop singer, actress, Grammy winner

**Find out more about scams and sign up
for scam alerts at BBB Scam Stopper at
bbb.org/scam.**

Sitting is Bad for Health *continued from page 1*

neurotransmitters involved in facilitating information processing, the enhancements in cognitive function with physical exercise occur concomitant to increases in brain-derived neurotropic factor (BDNF) production in humans.

The changes in internal environment elicited during physical exercise may actually be just as essential to cognitive and physical health as the vitamins and minerals we obtain from foods. Neurons have been described as plastic in that they are able to form or dissociate synapses (connections with other neurons within a network) based on information formation and retention. In other words, neuronal plasticity allows us to learn in all dimensions: spatially, cognitively and motorically.

BDNF has been shown to play a critical role in mediating plasticity within the memory center of the brain, the hippocampus. In animal models, BDNF enhances synaptic signaling and responsiveness, and increases the number of synapses and neuronal branching. By increasing BDNF levels, exercise provides a mechanism to strengthen and form new neural synapses and thus enhances our potential to learn and retain new information.

Although the effects of exercise on cognitive

performance are clear, very few controlled studies have longitudinally investigated the effects of a corporate fitness program on health and productivity. In a one-year controlled study it was reported that both aerobic and resistance training improved markers of cardiovascular and musculoskeletal health, but not employee perception of productivity. The participants had very high levels of self-perceived productivity (were highly engaged) at the start of the study, indicating that the study may have obtained different results with a less engaged population of employees.

A second major concern involves “selection” bias whereby the individuals who volunteer to participate are already motivated and active. Indeed, more than 50 percent of the subjects in one study were classified as highly active. It is possible that if less motivated and/or less active people participated, then the effects of exercise on self-perceived productivity would have been different.

A review of the literature shows a strong trend between physical activity and work productivity. A study by another researcher reported a significant relationship between moderate to vigorous activity, quality of work and overall job performance. Interestingly, higher levels of cardiovascular fitness were directly related to rate of work production and extra effort exerted, suggesting that



fitter employees are able to accomplish more with less decrements in performance over the work day. Another researcher reported a relationship between workplace fitness center participation and productivity.

In particular, employees who did not participate in on-site fitness were more likely to have issues with time management by 62 percent, output limitations by 112 percent and overall work impairment by 41 percent, due to health-related work productivity limitations. Additionally, non-participants had more health risks and spent nearly two more days on short-term disability than active employees (or other populations who aren't very active). Therefore, exercise may also decrease employer costs by improving overall health and thus reducing paid sick leave, especially in employees with desk jobs. (In scenarios other than employees/employers, exercise could reduce personal medical bills.)

Prolonged sitting is unquestionably bad for human health. Even when adjusting for body mass index, occupational sitting is associated with increased inflammation, dyslipidemia and risk for cardiovascular disease and cancer. In addition to lower energy expenditures, sitting results in reduced muscle tone of the lower limbs, which in turn decreases leg blood flow and results in the pooling of blood in the lower extremities. Consequently, this decrease in blood flow inhibits the

formation of compounds that are protective against cardiovascular disease such as nitric oxide and nicotamide N-methyltransferase (NNMT).

Sitting may be considered an occupational hazard; however reducing the risks associated with sitting is not difficult. As little as two minutes of light activity every 20 minutes increases the expression of genes associated with enhanced insulin sensitivity and cardiovascular health, such as GLUT4 and NNMT, respectively. It has been reported that accumulating 30 minutes of walking (10 times three-minute periods) during an eight-hour workday improved plasma lipids and measures of hypertension.

The takeaway message for business leaders is simple: taking a two to three minute walk every 45-60 minutes during the work day will decrease the risk of developing cardiovascular and metabolic disease, which will reduce time and money lost due to employee sick days and medical leave. It has been recognized that acute bouts of low intensity exercise improved cognitive processing speed, so people will think more clearly following a short hourly walk before sitting down again. This is applicable to any human universe. §

Jason Cholewa can be reached at 843-349-2041 or jcholewa@coastal.edu.

PT Notes:

PT came across some other information after reading Jason Cholewa's article about sitting that appears to be related and offers these to our PT Readers.



From UCLA Ergonomics

Make sure the chair you're sitting in fits:

- Your feet should touch the floor.
- Five chair legs are better than four for stability.
- Hips should be at the same level or higher than the knees.
- Sit completely against the back of the chair.

BUT, no matter how well the chair fit, sitting for a sustained period of time stresses muscles – get up and walk!

From an Indiana University Study

An Indiana University study published in *Medicine and Science in Sports & Exercise* suggests that impaired blood flow in leg arteries can be reversed by breaking up your sitting regime with five-minute walking breaks – and another study said blood sugar levels improve with that light activity.

Going to the gym isn't likely to reverse the damage caused by sitting all day, but simply breaking up sitting time with exercise or movement will have a positive effect. §

Preventing CANCER with Nutrition

*By Larissa Gedney, MS, RD, LD
Clinical Nutrition Manager
Conway Medical Center*

While certain risk factors for cancer, such as genetics, cannot be changed, two of the most significant factors that can be controlled are diet and weight.

Achieve a Healthy Weight

Regular physical activity is key to maintaining a healthy body weight. Ideally, individuals should be lean without being underweight. For individuals who are overweight, every pound of weight lost can improve their overall health. The American Cancer Society recommends about 30 minutes of moderate physical activity at least six days a week. Physical activity does not necessarily mean a trip to the local gym, but can be any type of activity that increases your heart rate, such as a walking the dog at a brisk pace, riding a bike through the neighborhood or taking the stairs at the office.

Eat for your Health

- **Choose antioxidant-rich foods.** Foods high in antioxidants, substances that slow cell damage from dangerous agents, have been shown to decrease the risk of certain cancers. These foods are often in the form of fruits and vegetables, such as leafy greens, berries, dried beans and apples.

- **Limit processed foods.** Avoid processed meats, such as hot dogs. These foods tend to be higher in fat and sodium, which can work against achieving or maintaining a healthy weight, and may also contain ingredients that can increase your cancer risk.

- **Limit alcoholic beverages.** Excessive alcohol intake has been linked to certain cancers, including cancer of the mouth, throat, breast and liver. Women should consume no more than one alcoholic beverage daily and men no more than two.

- **Choose natural and organic foods, when possible.** While food additives must be approved by the Food and Drug Administration (FDA), more research is needed to determine the long-term effects of food additives on health. Fresh fruits and vegetables, whole grains and unprocessed meats minimize your exposure to food additives. Organic foods will also minimize your risk of consuming foods potentially contaminated by pesticides, growth hormones and antibiotics.

Ongoing research may continue to bring light to the effect that diet and lifestyle play on cancer risk. Consuming a well-balanced, healthful diet and increasing physical activity can improve your overall health while also potentially reducing your cancer risk. Consulting with your primary healthcare provider is always recommended before significantly changing your diet or activity level. §

*Larissa Gedney can be reached
at Conway Medical Center
at 843-347-8242.*





Are YOU an ECOLOGICAL Detective?

By James O. Luken, Associate Provost, Director of Graduate Studies, Coastal Carolina University

**How good are you at identifying Grand Strand landscapes?
Look carefully at the photograph and see if you can answer these
questions. The winner will be named in the next issue of *PrimeTimes*.**

► **Some hints:**

- The picture was taken in one of our local state parks.
- The place has been photographed by others.
- The ecological conditions of this site are changing.

► **Send your answers to joluken@coastal.edu.**

► **And now the questions:**

The easy ones ...

1. Where was this photograph taken? Be specific.
2. What species of plant is most obvious?

Now things get a little more difficult:

3. Why are the ecological conditions changing?
4. Who was involved in making things change?
5. What was done to change the site? §



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COLLEGE OF SCIENCE • OFFICE OF LIFESPAN STUDIES • COASTAL CAROLINA UNIVERSITY

SMILE-A-WHILE

PrimeTimes recognizes that there's always room for a smile – occasionally even a laugh out loud – among the serious topics we address. If you have a humorous story about the lighter side of aging, send it in and we may publish it in a future issue of the newsletter.

EVER WONDER WHY? The sun lightens our hair, but darkens our skin?

- Lemon juice is made with artificial flavor, while dish washing liquid is made with real lemons?
- Women can't put on mascara with their mouth closed?
- You don't ever see the headline "Psychic Wins Lottery!"?
- "Abbreviated" is such a long word?
- Doctors call what they do "practice"?
- The man who invests all your money is called a broker?
- There isn't mouse-flavored cat food?
 - Who tastes dog food when it has a "new and improved" flavor?
 - They sterilize the needle for lethal injections?
- Sheep don't shrink when it rains?
- They are called apartments when they are all stuck together?
- If con is the opposite of pro, is Congress the opposite of progress?
- They don't make the whole plane out of the material used for the indestructible black box ?

